

For immediate release

HEEL PAIN EPIDEMIC AFFLICTS WEEKEND ATHLETES

Local Podiatrists Offer Prevention/Treatment Tips

Heel pain among weekend sports participants, runners and those beginning exercise programs is reaching epidemic proportions.

“We’re seeing a lot of heel pain these days, and much of it can be traced to preventable causes, such as stress from excessive athletic activity and poorly designed footwear,” said Chris Guerrieri, DPM.

According to Guerrieri, if an athletic shoe bends in the middle, it may not provide the required stability and protection against heel pain. “The shoe should bend in the area in which the toes bend and not at the arch,” he said. “Heel pain is a very common ‘overuse’ sports injury and weekend athletes should wear well designed athletic shoes specific for the shape of their feet.”

Dr. James Good added that that when heel pain occurs, it’s best to decrease and sometimes eliminate strenuous athletic activity until the pain subsides and seek treatment if symptoms persist.

It is estimated that 15 percent of all adult foot complaints involve plantar fasciitis, the type of heel pain caused by chronic inflammation of the connective tissue extending from the heel bone to the toes. Conservative treatment is effective in most cases. Dr. Good also noted that a new non-invasive technology called Shockwave therapy is being used effectively in patients who do not respond to conservative measures. “This technology is proving to be an effective way for patients to avoid surgery,” said Good.

For an appointment with Dr. Guerrieri or Dr. Good in either their Gladstone or Liberty location, call 816-453-5161.